



be happier • build family
unity • feel great • take
care of latch key children
• reduce unemployment •
in-crease communication
skills • expand knowl-

edge • lose weight • diminish chance of disease • build self-
esteem • reduce stress • promote sensitivity to cultural di-
versity • eliminate loneliness • increase community pride
• reduce crime • provide safe places to play • generate reve-
nue • lower health care costs • meet friends • educate
children and adults • relax • keep business from leaving
• elevate personal growth • strengthen neighborhood involve-
ment • conquer boredom • provide child care • boost economy
• curb employee absenteeism • increase tourism • build
strong bodies • increase property value • attract new
business • preserve plant and animal wildlife • instill
teamwork • live longer • protect the environment • **create
memories** • clean air and water • boost employee
productivity • look better • enhance relationship skills •
decrease insurance premiums • control weight • offer
places for social interaction • diminish gang violence •
teach vital life skills • provide space to enjoy nature . . .
THE BENEFITS ARE ENDLESS

Fall 2015 Program Guide

The 24th Annual Brookfield Family Chiropractic 5K Halloween Run

Date: Sunday, October 25

Time: 5 K Race begins at 10:00 a.m.

Race Day Registration 8:30 to 9:30 a.m.

Place: Brookfield Municipal Center,
100 Pocono Road

Pre-registration fee: \$25.00 (by 4:30 p.m. on 10/23)

Race Day Registration: \$30.00

Walkers welcome! Race features long-sleeve T's to first 350 registered, prizes to top runners in eight age groups, water station, splits at mile marks, prizes for best costumes, raffles and excellent post-race refreshments. USATF certified #CT06013JHP. Chip timing and online registration new for 2015.

Annual Kids K Fun Run

Date: Sunday, October 25

Time: Kids K begins at 9:30 a.m.

Place: Brookfield Municipal Center,
100 Pocono Road

Pre-registration Fee: \$12.00
(Includes medal and t-shirt)

No Race Day Registrations for KIDS K!

Kids K Age Groups: 5 and Under, 6 - 8, 9 - 12

Register online at:

<http://www.lightboxreg.com/brookfield5k2015>



Special Events

Annual Scarecrow Decorating Day



If you've ever seen people driving around Town with scarecrows sticking out of their trunks, they were probably on their way home from this popular event! Join us on Saturday, October 3 at 2:00 p.m. in front of the Brookfield Town Hall, 100 Pocono

Road. Please bring along old clothes (shirt and pants), string, scissors, a brown bag or sack for the head and whatever accessories you would like to decorate with. We'll supply the directions, hay, and stakes. And best of all, it's free! Don't forget to pre-register with the Parks & Rec. Office by calling 775-7310 if you are planning on attending. The rain date for this event is Sunday, 10/4.

Our 2nd Great Weight Loss Challenge

Looking for some motivation to make healthier choices this fall? Look no further! Healthy Weighs Wellness Center is hosting another FREE 30 Day healthy weight loss challenge for local residents ages 18 and over. In order to participate, you must be overweight or obese according to your BMI (Body Mass Index). At the end of the 30 day challenge, winners will be calculated based on the contestants who lose the most healthy weight as a percentage of their body weight. (A healthy weight loss is no more than one percent of your body weight per week.) The initial weigh-in is on Monday October 12 between 9:00 a.m. and 6:00 p.m. at Healthy Weighs Wellness Center. At that time you will be asked for an alias to use during the challenge to maintain confidentiality. The final weigh-in will be on Monday, November 9 between 9:00 a.m. and 6:00 p.m. Please note that participants must be weighed on both the start and end dates in order to make it fair for all. There will be some fantastic prizes for the top three winners! Space is limited and registration is required by October 9, 2015 by calling the Parks and Recreation Department at 203-775-7310. Complete guidelines and details will be emailed to you once registered.



Singing and Signing Time with Ms. Janine at Kids Kingdom

Singer/Signer/Songwriter/Guitarist, Janine LaMendola "Ms. Janine" will be playing children's

music with sign language fun at Kids Kingdom Playground this fall. It doesn't matter if you come with your infant, toddler or preschooler, or if you're a teenager. You're guaranteed to learn several signs and have fun at the same time! In case of bad weather please join her inside the Town Hall in Room 133. All ages welcome, no pre-registration is required, and it's free!

Day: Wednesday Time: 4:15 – 5:00 p.m.

Dates: 10/14, 10/21, 10/28, 11/4 (4 wks)

Place: Town Hall Bandstand, 100 Pocono Road

Special Events, continued



Haunted House Workshop

What do you get when you mix chocolate frosting, puffed cereal, pretzel sticks, and candy? A haunted house that your child will be excited to make and proud to show off.

Ages 3 – kindergarten participate with parent

or caregiver; for grades 1-4 this is a drop off program. Please bring an empty, rinsed ½ gallon cardboard milk or juice container to use as the base.

Day: Saturday

Date: 10/24

Time: Age 3 - K: 3:00 – 4:00 p.m.

Fee: \$10.00

Grades 1-4: 2:00 – 3:00 p.m.

Place: Town Hall Meeting Room

15th Annual Trick or Treat at Town Hall

Parents and children are invited to “trick or treat” at Town Hall this year on Friday, October 30 from 2:00 – 3:45 p.m. Office doors will be decorated, and we will be passing out lots of candy! Please be sure to dress in costume and to bring your own candy bag to hold all of your treasures. There is no charge for this event. However, we are asking that each child bring either a non-perishable, “kid-friendly” food item such as peanut butter, jelly, canned spaghetti or ravioli for the food pantry or a monetary donation for the Brookfield Emergency Fund. The Emergency Fund is a non-tax dollar supported fund, which aids Brookfield families in crisis. The collection box for any items will be at the food pantry in Town Hall, located on the first floor across from the Tax Collector’s Office. Please pre-register by calling Parks & Rec. at 775-7310 by October 29.

Thanksgiving Turkey Workshop

Children will enjoy creating a decorative turkey centerpiece for their table. Ages 3 – kindergarten participate with parent or caregiver; for grades 1-4 this is a drop off program.

Day: Saturday

Date: 11/21

Time: Age 3 - K: 3:00 – 4:00 p.m.

Fee: \$10.00

Grades 1-4: 2:00 – 3:00 p.m.

Place: Town Hall Meeting Room



Letters to Santa

Receive a genuine letter from Santa Claus himself! Drop your child’s personal letter in the North Pole Mailbox in the Parks & Recreation Office, or mail it to Santa, Attn:

Parks & Recreation Department at P.O. Box 5106. Your child’s letter must include a self-addressed stamped envelope. Santa himself will mail a personalized letter back in time for Christmas. In order for a timely response, letters will be accepted December 1 - 17.

Ornament Workshop

Let us take the stress out of finding the perfect teacher gift! In this workshop children will create three different ornaments perfect for gift giving or to hang on your own tree. Ages 3 – kindergarten participate with parent or caregiver; for grades 1-4 this is a drop off program.

Day: Saturday

Date: 12/12

Time: Age 3 - K: 3:00 – 4:00 p.m.

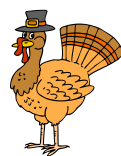
Fee: \$10.00

Grades 1 - 4: 2:00 – 3:00 p.m.

Place: Town Hall Meeting Room

Get Out of Town

Macy’s Thanksgiving Day Parade



Join us on our nineteenth annual *pilgrimage*, enjoying all of the fun with none of the hassle! Leave from Town Hall at 6:30 a.m., travel by coach bus to witness this NYC tradition, and still be home by approximately 1:30 p.m. to watch football and eat dinner. Register before all the

seats are *gobbled* up!

Day: Thursday

Date: 11/26

Time: 6:30 a.m.

Fee: \$36.00

Radio City Christmas Spectacular

This is our longest running trip for good reason! We were able to purchase discounted orchestra tickets and pass the savings on to you. We’ll be leaving from Brookfield Town Hall at 8:00 a.m. for an 11:00 a.m. matinee performance. There will be plenty of time after the show for lunch, to see the tree or go ice skating at Rockefeller Center, take in the holiday windows at Saks or get a jump start on your holiday shopping. We’ll be leaving NYC at 4:00 p.m. Fee includes ticket (Orchestra Rows MM-SS in 300 section) and coach bus transportation/driver gratuity. Please register early to avoid disappointment.

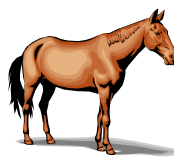
Day: Monday

Date: 12/7

Time: 8:00 a.m. departure

Fee: \$112.00

Horseback Riding Lessons



Brushy Hill Farm is a full service equestrian facility that takes pride in its warm and welcoming environment. The lesson program caters to students of all ages from beginners to seasoned veterans. Ev offers her lifetime of experience and extensive

knowledge of the sport. Lessons are hand tailored for each rider’s needs to ensure that everyone may achieve their goals and full potential. Closely supervised instruction in a safe and nurturing atmosphere will provide students with solid foundations, the necessary skills to communicate properly with their horse and become good horsemen. During each lesson, students will learn and practice basic horse care, grooming, tacking up, and correct terminology. In case of inclement weather, lessons will be held in an indoor ring. Register with the Parks & Recreation Office, and Brushy Hill Farm will contact you directly to set up a mutually convenient lesson time. Lessons begin the week of October 12th (or at your convenience) and meet weekly. Brushy Hill Farm is located in Southbury. Long pants and shoes with heel are recommended. Hard hats will be provided.

Fee: ½ hour private lessons

4 Pack \$200, 8 Pack \$380

1 hour private lessons

4 Pack \$240, 8 Pack \$460

Mediterranean Vegetable Cooking 101

Everyone knows that the heart-friendly "Mediterranean Diet" is filled with wonderful, but sometimes unfamiliar, vegetables, from artichokes to zucchini. Whether your goal is to stretch your grocery budget with hearty non-meat dishes, cook for a vegan or vegetarian, or surprise your dinner guests with something different, this class will meet your needs. Classes will be conducted as a combination demonstration and hands-on workshop. Each night you'll make and sample three recipes featuring the vegetable of the week (zucchini, peppers, eggplant, and escarole) and you'll leave with handouts of the recipes and other helpful hints. Instructor Ann Salinger's first cooking teacher was her mother, who grew up on a farm in Southern Italy. Since then Ann has taken numerous cooking courses in Europe (where she lived for seven years) and Asia, and has enjoyed sharing her knowledge and enthusiasm for cooking with friends and students.

Day: Tuesday Time: 6:30 – 8:30 p.m.

Dates: 10/20 – 11/10 (4 wks)

Place: BHS Culinary Arts Room #204

Fee: \$82.00

Mediterranean Vegetable Cooking 201

For those of you who have taken Med Veg 101 and want to learn additional recipes for some of the same ingredients and explore some new ingredients (including artichokes, mushrooms, and Swiss chard) Ann is offering a follow-up class. This class is built on the material covered in the first program, and explores some traditional, but perhaps less familiar, ingredients and recipes.

Day: Tuesday Time: 6:30 – 8:30 p.m.

Dates: 11/17 – 12/8 (4 wks) Fee: \$82.00

Place: BHS Culinary Arts Room #204

New ~ A Mediterranean Harvest

For those who've taken some of our other Mediterranean Vegetable classes you won't be surprised to see even more eggplant recipes in these new classes, as well as recipes using pumpkins, grapes, chard, plums, cauliflower, beans, and greens. We'll be making appetizers, pastas, tortas, and desserts—all vegetarian but not always vegan. Come hungry—the best part of the class is the feast at the end!

Summer Harvest: 10/15 – 11/5 (4 wks)

Fall Harvest: 11/19 – 12/17 (4 wks) – no class 11/26

Day: Thursday Time: 6:30 – 8:30 p.m.

Place: BHS Culinary Arts Room #204

Fee: \$82.00 for 4 week session (either summer or fall)

Red Cross Adult and Pediatric First Aid/CPR/AED for Lay Responders

This course covers CPR/AED and first aid for adults, infants and children in an approach that complements adult learning styles, featuring hands-on practice and real life scenarios. Useful take-home course materials help you retain skills and serve as an excellent refresher and reference tool after training is complete. Includes Red Cross certification in Adult and Pediatric First Aid/CPR/AED which is valid for two years.

Day: Saturday Time: 10:00 a.m. – 2:00 p.m.

Date: 11/14 Fee: \$89.00

Place: Town Hall Room Instructor: Jerry Kochman

Red Cross CPR**Re-Certification for Lay Responders**

This course provides individuals with the opportunity to review course content and practice skills before taking a written exam and performing skills for evaluation. Includes two-year Red Cross certification following successful completion. Register for either session.

Session 1: Saturday 10/17, 3:00 – 5:00 p.m.

Session 2: Saturday, 11/14, 2:00 – 4:00 p.m.

Place: Town Hall Meeting Room

Instructor: Jerry Kochman

Fee: \$49.00/session

New ~ Red Cross Pet First Aid

Learn how to respond to health emergencies and provide basic first aid for the four-legged members of your family. Practice and preparation will help you be calm and effective in an emergency, protecting you and your animal from further injury or suffering. Managing breathing and cardiac emergencies, treating wounds, administering medicine, caring for eye, foot and ear injuries and other important topics will be covered for the care of cats and dogs.

Includes both cat and dog first aid.

Day: Saturday Time: 10:00 a.m. – 2:00 p.m.

Date: 11/21 Fee: \$75.00

Place: Town Hall Meeting Room

Instructor: Jerry Kochman

Digital and Video Photography

In just five weeks this class will have you using your camera like a pro. It will demystify what all those buttons and hidden menus do. Technical terms like white balance, ISO and resolution will be explained, but we'll also spend time developing your artistic sense. Weekly assignments will encourage you to practice. This season we'll study the video capability of your camera too. Charge up your batteries, bring your camera manual, and let's have some fun!

Day: Monday Time: 7:00 – 9:00 p.m.

Dates: 10/19 – 11/16 (5 wks)

Place: Town Hall Meeting Rm. Fee: \$70.00

Instructor: Mary Ann Kulla

iPhone Photography

The 8 megapixel iPhone 4,5,5s and 6 cameras can take great pictures. And since you have your phone with you all the time, you'll be more likely to use it than a complicated camera. We'll spend the evening learning to really utilize the "camera" and "photos" sections of the iPhone, as well as to test out a few useful apps. We'll also address the iPhone's limits as compared to a small digital camera or DSLR camera.

Day: Monday Time: 7:00 – 9:00 p.m.

Date: 12/7 (1 wk) Fee: \$25.00

Place: Town Hall Meeting Rm. Instructor: Mary Ann Kulla

iPhone Music

Would you like to be able to use the "music" options on your iPhone without stressing? In one evening this class will show you how to browse for the music you love, create a playlist, display the lyrics and even use Siri for voice commands to manage playback. We'll also touch on podcasts and iTunes Radio. You'll leave class able to do the same things your favorite teenager does. Please come in knowing your Apple ID and password, so that you can download a song or two for practice.

Day: Monday Time: 7:00 – 9:00 p.m.
Date: 12/14 (1 wk) Fee: \$25.00
Place: Town Hall Meeting Rm Instructor: Mary Ann Kulla

Pathways to Resiliency: An Introduction

Do you wish you could "bounce back" from stressful situations...faster? Are you tired of focusing on what's wrong in your life, instead of what's good? Come join Certified Positive Psychology Practitioner and Brookfield psychotherapist, Marianne Seeber, one of the first 100 people in the country to receive this certification. Discover how you can unlock your secret to life-long happiness. Learn how our brains are naturally programmed for negativity and what you can do to increase life satisfaction.

Day: Wednesday Time: 7:00 – 9:00 p.m.
Date: 10/28 Fee: \$20.00
Place: Town Hall Meeting Room

Beginning Italian I

Learn conversation skills including introductions and polite greetings and interactions. Essential basic vocabulary and grammar will be introduced. No prior Italian language experience is necessary.

Day: Monday Time: 7:00 – 8:00 p.m.
Dates: 10/19 – 12/7 (8 wks)
Place: Town Hall Meeting Room
Instructor: Anna Prendi Fee: \$79.00

New ~ Beginning Italian II

Those who have had some prior instruction will expand their practical vocabulary and grammar to support everyday conversations. Participants will also read simplified dialogues and texts, and write simple Italian sentence structures stressing the communicative approach.

Day: Thursday Time: 7:00 – 8:00 p.m.
Dates: 10/22 – 12/17 (8 wks) – no class 11/26
Place: Town Hall Meeting Room
Instructor: Anna Prendi Fee: \$79.00



We are always looking for new class ideas! If you have an area of expertise that you would be willing to share with others, please download a "class proposal form" from our website. Class proposals should be received by 11/2/15 to be considered for the winter program guide.

Introduction to Meditation

Are you seeking calmness, peace of mind, joy, vibrant health, greater energy, positive relationships and fulfillment in life? Do you wish to deal with life's stressors in a more balanced way? You can enjoy these benefits and so much more with meditation. If you've wanted to develop your own practice of meditation but didn't know where to start, this introduction is for you. In these six weeks you will be introduced to six different types of meditation techniques, the differences between them, why they are used, and how they can benefit and enhance your own life. All students who register for this program will receive a complimentary reiki session at The Wellness Center at SOUND.

Day: Wednesday Time: 6:30 – 7:15 p.m.
Dates: 10/14 – 11/18 (6 wks)
Place: SOUND, 31 Hawleyville Road, Newtown
Fee: \$150.00

New ~ The Art of Ease: Free-writing and Meditation (with live music)

In this four class series we will work on releasing stress and resistance by creating an emotional clean slate through live meditative music, inspirational talks, free-writing exercises, and a guided meditation at the end that will leave the practitioner in a suspended feeling of ease and inner knowing.

Day: Wednesday Time: 7:30 – 8:45 p.m.
Dates: 10/7 – 10/28 (4 wks) Fee: \$80.00
Place: SOUND, 31 Hawleyville Road, Newtown
Instructor: David Hornak

New ~ Sacred Sound Journey

Allow the ancient sounds of the didgeridoo and gong to transport and transform as you journey deep within. Now meets Zen to create an atmosphere of contemplation and inner peace, let the sounds envelope you in the present moment. The deep drone of the didgeridoo is known to alter brain waves into theta to enhance deep meditation.

Day: Sunday Time: 4:00 p.m. start
Date: 10/25 Fee: \$25.00
Place: SOUND, 31 Hawleyville Road, Newtown
Instructor: Casey Dixon

Relaxing Ukulele for Adults (Beginners)

Come and have fun while relaxing and learning this fun and easy to learn instrument that is experiencing a surge in popularity. The classes will cover basic chords, simple strums, and lots of great songs that can be played with two or three chords. Even if you've never picked up the uke before, you will be well on your way by the end of this first 6 week session. Ukulele and book included, space is limited.

Day: Monday Time: 7:00 – 7:45 p.m.
Dates: 10/12 – 11/16 (6 wks) Fee: \$170.00
Place: SOUND, 31 Hawleyville Road, Newtown
Instructor: John Bracket

Lose Weight the “Healthy Weigh” with Dr. Julie at Healthy Weighs

Now that the kids are back in school, it's your time to take care of yourself! Over six weeks you will lose weight, and have fun doing it with group support. We will discuss portion control, recipe modification, label reading, modifying cooking techniques, healthy snacking, restaurant dining and much more. Confidential weigh-ins will occur at the start of each class. This class is limited to 15 people.

Day: Monday Time: 5:30 – 6:30 p.m.
 Dates: 10/5 – 11/16 (6 wks) - no class 10/12
 Place: Healthy Weighs Wellness Center, 366 Federal Road
 Instructor: Julie C. Conner, RD, CD-N, MPH, PhD,
 Registered Dietitian/Certified Nutritionist
 Fee: \$150.00

New~Acupuncture Happy Hour for Pain Reduction and Stress Management

With the use of auricular (ear) acupuncture or acupressure, Christopher Chapleau, L.Ac will help ease your stress or pain. Chris will utilize two extremely effective ear protocols in a relaxed community setting. You will leave refreshed and ready to take on the week. Registration limited to 10 people.

Day: Monday Time: 5:45 – 6:45 p.m.
 Session 1: 10/5, 10/19, 10/26 (3 wks)
 Session 2: 11/2, 11/9, 11/16 (3 wks)
 Place: Healthy Weighs Wellness Center, 366 Federal Road
 Instructor: Christopher Chapleau, MS Licensed and Board
 Certified Acupuncturist and Herbalist
 Fee: \$75.00/three week session

New ~ Guided Breathing for a Quiet Mind

Take the time out of your busy life for you! Learn simple, relaxing breathing techniques to help you let go of thoughts, reduce your stress and quiet your mind.

Day: Wednesday Time: 6:00 - 6:45 p.m.
 Dates: 10/7 – 10/28 (4 wks) Fee: \$28.00
 Place: Healthy Weighs Wellness Center, 366 Federal Road
 Instructor: Laura Nugent

Youth Employment Program

Pretty soon those leaves are going to be piling up in your yard! You need a night out of the house, but have no one to watch your children! Our Youth Employment Program consists of young ladies and gentlemen that are looking to help you out, and make some money in the process. Our list of services includes not only babysitting and raking, but weeding, mowing, shoveling, house and pet sitting, washing cars, household chores, and helping you clean out that garage or attic you keep saying you're going to get to. For a list of interested workers, and for students seeking employment, please contact Donna Korb at dkorb@brookfieldct.gov or call 775-7310.

Watercolor for Adults

Whether you are an artist just starting out, or someone who has painted for a while, you will find this workshop fun, educational and inspiring. You will learn how to see colors in nature you have never seen before through the color wheel, and touch upon the importance of good drawing techniques as the bones of your painting. You will learn a wide variety of watercolor techniques while painting your own landscape by the end of the class, including values, learning first to see them in black and white then in color. Please ask for a materials list when registering (approximate cost \$40).

Day: Thursday Time: 5:30 – 7:30 p.m.
 Dates: 10/8 – 12/10 (8 wks) – no class 11/26, 12/3
 Place: Senior Center Craft Room
 Instructor: Victoria Lange Fee: \$88.00

Beginning Sewing

Have you ever wanted to learn to sew? This class will get you comfortable with sewing from a commercial pattern. You will learn how to cut out a pattern, make sense of the instructions and construct a finished, well-fitting skirt or top using a home sewing machine. The first class will meet at Jo-Ann Fabrics in Brookfield (143 Federal Road) where the instructor will help you pick out a pattern and the materials that you will need for the project that you'd like to complete. Additional materials cost will depend upon the project and fabric you select, but are estimated at \$40-100. Class size is limited to 5 for lots of individual attention.

Day: Thursday Time: 6:00 – 8:00 p.m.
 Dates: 10/8 – 11/12 (6 wks)
 Place: Whisconier Middle School Rm #1515
 Instructor: Karen Ryavec Lubensky
 Fee: \$90.00

Adult Fitness



Zumba is a great way to stay physically and mentally fit. It is like no other workout you will ever experience! Zumba is great for the

mind, body and soul and is based on the principal that exercise should be fun, which helps you stick with the program until you get results - the key to long term good-health. It's a feel good exercise program designed with a scorching fusion of world music and spicy dance rhythms. With its easy to follow choreography, you burn 500 to 800 calories per hour depending on how hard you work, and tone your body from head to toe. Zumba fitness utilizes aerobic interval training (combining fast and slow rhythms) to deliver a high energy, heart pumping cardiovascular workout you want to return to again and again.

Day: Monday Time: 7:30 – 8:30 p.m.
 Dates: 10/19 – 12/14 (9 wks)
 Place: Center School Gym Fee: \$75.00
 Instructor: Ariana Mesaros

Yogalates



A hybrid of yoga and Pilates, Yogalates will give you the best of both disciplines. By becoming mindful of movement and breath, and connecting your mind to your muscle, you will increase your flexibility, strength and muscle balance. This program can be modified for all fitness levels, but participants should be comfortable working on the floor. Please bring a mat, a towel and water bottle.

Day: Tuesday Time: 6:00 – 7:00 p.m.
 Dates: 10/20 – 12/15 (8 wks) – no class 12/1
 Place: Center School Gym Instructor: Phyllis Babuini
 Fee: \$75.00

Why Weight?

Don't be daunted by preconceived perfectly fit images, Why Weight is designed for any body and every body to feel successful in their current fitness level. With slow, steady training focusing on form, movement will transform your shape and attitude. Concentrated resistance using bands and light weights will build muscle, and we'll work on posture and balance, too. Come make some new friends while finding out how capable you really are. Please bring two sets of weights; one lighter, one heavier (1,3 or 5 pound recommended) and a towel or mat for floor work. Be sure to wear sneakers and bring a water bottle, too.

Day: Thursday Time: 6:00 – 7:00 p.m.
 Dates: 10/22 – 12/17 (7 wks) – no class 11/26, 12/3
 Place: Center School Gym Fee: \$65.00
 Instructor: Phyllis Babuini

Train for a 5K

Are you interested in running a 5K road race (3.1 miles)? Are you a walker who would like to try running? Are you a runner interested in improving your times? Do you want to get your fitness back? Come join Cassie Dunn in a group setting, for a

series of training runs at the Brookfield High School track. We will train together on Saturdays at the high school track and then each participant will be given an individualized workout schedule to follow during the week. Each week you will be given new workouts as you progress. Come dressed (in layers) to run and bring a water bottle. This program will prepare you for the Halloween Run on Sunday, October 25, 2015. (Race registration is included in the fee.) In the spring, we have the same program to prepare for the Mother's Day 5K and Kid's Fun Run on Sunday, May 8, 2016. All fitness levels are welcome! Come try a great sport, get fit and make some new friends! Cassie Dunn, former BHS cross-country and track coach, is a certified Road Runners Club of America Coach; NASM certified personal trainer, functional training specialist, Pilates and Spinning instructor.

Halloween 5K Workshop

Day: Saturday, September 19 – October 24
 Time: 8:00 – 9:00 a.m.
 Place: Brookfield High School Track
 Fee: \$70.00

Mother's Day 5K Workshop

Day: Saturday, April 2 – May 7
 Time: 8:00 – 9:00 a.m.
 Place: Brookfield High School Track
 Fee: \$70.00

Healthy Start Program

Our Healthy Start Program is designed for the beginner to exercise or anyone who has been away from exercise for some time. It's a 6 week program, with lots of supervision to help you get fit. Here's what you'll get:

- Oversight by one of our staff trainers
 - Full use of the entire facility during your 6 weeks
 - Unlimited use of our Group Exercise classes
 - Unlimited use of our Smart Start classes
 - Learn how to work out properly, effectively, safely
- Place: No-Limit Health & Fitness, 1120 Federal Road
 Dates: Start anytime the week of October 5 (6 weeks)
 Fee: \$75.00

New ~ Adult Strength & Conditioning

Do you want to increase strength, stamina, balance and flexibility; improve key health indicators; lose weight; and charge up your overall fitness level? Then this class is for you! Each one-hour class is a challenging mix of body weight, dumbbell, barbell, and kettlebell movements; heart-pumping metabolic conditioning exercises; all in an encouraging group atmosphere. This class is led by a nationally-certified performance coach and adapted to participant fitness level. If you are ready to get results, this is the perfect training experience for you!

Day/Time: Tuesday, 6:15 – 7:15 p.m.

Saturday, 10:00 – 11:00 a.m.

Session 1: 10/3, 10/6, 10/10, 10/13, 10/20, 10/24, 10/27, 10/31 (8 classes)

Session 2: 11/3, 11/7, 11/10, 11/14, 11/17, 11/24, 11/28, 12/1 (8 classes)

Fee: \$120.00 per session

Place: No-Limit Health & Fitness, 1120 Federal Road

Total Body Conditioning

This class offers a total body workout that will improve overall strength, flexibility, muscle tone, stamina, and core strength. We tone your body in this class using weights, resistance bands, Pilates, and more. Instructor Marni McNiff modifies the class for each individual fitness level. From beginners to the avid exerciser, you can expect a complete body workout. Childcare is available during class. Register for this program and receive a free gym pass for two weeks.

Day: Tuesday Time: 9:15 – 10:15 a.m.

Dates: 10/6 – 11/24 (8 wks) Fee: \$90.00

Place: NO LIMIT Health and Fitness, 1120 Federal Road

New ~ Interval Training With Marni

Combining strength training and short bursts of cardio exercise, this class will burn calories while toning your body. Cardio bursts include kickboxing, step, and elements of a boot camp class. The strength training portion includes the use of weights, bands, bodyweight resistance exercises, and more. All levels are encouraged. Watch your body change! Register for this program and receive a free gym pass for 2 weeks. Childcare is available.

Day: Thursday Time: 9:15 – 10:15 a.m.

Dates: 10/8 – 12/3 (8 wks) – no class 11/26

Instructor: Marni McNiff Fee: \$90.00

Place: NO LIMIT Health & Fitness, 1120 Federal Road

Adult Fitness, continued



Indoor Group Cycling

This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises all to high energy and

motivating music – you will LOVE this, and burn a ton of calories doing it! All levels are welcomed. Receive a free 2-week gym pass with registration! Choose any class on any day October 5 through November 28 (eight weeks) for unlimited spinning for \$90.00. Just pre-register for each class at NO LIMIT Health and Fitness (775-8548).

BABYSITTING AVAILABLE by reservation! NO LIMIT Health and Fitness is located at 1120 Federal Road, Brookfield and is the site for all of our cycling classes.

Choose from any of the following class sessions:

Monday, 6:15 – 7:15 p.m. Saturday, 9:15 – 10:15 a.m.

Thursday, 6:15 – 7:15 p.m.



Yoga Basics

The perfect class series for absolute beginners! You will learn basic yoga poses (which will be modified based on your ability), as well as breathing and relaxation techniques

in this well-rounded introduction to yoga. We'll practice mindfulness, stress reduction, and energy awareness so that you'll leave feeling empowered, relaxed and open. No experience necessary!

Session 1: Mondays, 7:30 p.m. - 8:45 p.m.

Dates: 10/19 – 12/21 (6 classes) – pick 6 classes from dates listed

Place: YogaSpace, 78 Stony Hill Road, Bethel, CT

Instructors: Gloria Owens and Christina Rojas

Fee: \$90.00

Session 2: Saturdays, 10:15 – 11:45 a.m.

Dates: 10/17 – 12/19 (6 classes) – pick 6 classes from dates listed

Place: YogaSpace, 78 Stony Hill Road, Bethel, CT

Instructor: Mimi Mathew

Fee: \$90.00

Yoga Beyond the Basics – 6 Class Pass

Ready to take your yoga practice to the next level? Or perhaps you would like to explore something new?

YogaSpace offers 30 classes per week, with some classes beginning as early as 7:00 a.m.! Use this specially discounted pass to sample any of YogaSpace's regularly scheduled classes. Choose from a variety of styles, teachers, days and times. If you're new to yoga, join us for a Basics class; if you're ready to move beyond Basics, check out our Balanced; Flow; or Vigorous classes. Or perhaps do a little deeper within the yoga experience with a Gentle, Yin or Kundalini class. The class schedule and descriptions may be found at: <http://yogaspace-ct.com/sp/schedule1.htm>.

Session 1: 10/19 – 12/21 (any 6 classes)

Place: YogaSpace, 78 Stony Hill Road, Bethel CT

Fee: \$90.00

Adult Fitness, continued

New ~ Restorative Yoga Workshops

Restorative Yoga is a passive practice that is accessible to almost everyone. By using props, including pillows, blankets, blocks and straps, the body is supported in yoga postures so that you may rest; stretch your muscles; lower your heart rate and blood pressure; calm your nervous system; and experience a peaceful state of deep relaxation. This longer workshop program gives you an opportunity to go deeper into the experience of the yoga posture. Both beginner and experienced students will find a tremendous benefit from the practice. Eat lightly before the workshop and wear comfortable, layered clothing.

Day: Saturday Time: 3:00 p.m. – 5:00 p.m.

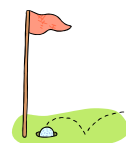
Dates: 10/3, 11/7, 12/5

Fee: \$28.00 per workshop; or \$75.00 for all three

Place: YogaSpace, 78 Stony Hill Road, Bethel, CT

Instructor: Gloria Owens and Liz Wendel

Adult Fitness - Golf



Adult Golf Lessons

Open to golfers of all skill levels, these classes are intended to provide students with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$120.00 for any one month of four classes. Classes meet 6:00–7:00 p.m.

October: Thursdays – 10/8, 10/15, 10/22, 10/29

November: Mondays – 11/2, 11/9, 11/16, 11/23

December: Tuesdays – 12/1, 12/8, 12/15, 12/22

Women Only Classes for Beginners

October: Wednesdays – 10/7, 10/14, 10/21, 10/28

November: Tuesdays – 11/3, 11/10, 11/17, 11/24

December: Wednesdays – 12/2, 12/9, 12/16, 12/23

Adult Fitness - Open Gyms



Open Basketball

Ongoing Monday night open play for Brookfield residents and their guests age 18 and over.

Purchase a season pass for \$65.00 (a 20% savings off the nightly rate) or pay \$5.00 each night at the door. Open Gym is canceled on 12/28, 1/18, 2/15 and on days when school is not in session or dismisses early because of inclement weather.

Days: Monday Time: 7:30 – 9:30 p.m.

Dates: 11/16/15 – 3/21/16 (16 ses) Place: BHS Gym

Fee: \$5.00/night or \$64.00/season pass

Open Volleyball

Ongoing Wednesday night open play for Brookfield residents and their guests age 18 and over. Purchase a season pass for \$76.00 (a 20% savings off the nightly rate) or pay \$5 each night at the door. Passes will not be sold after 12/16 and no credit for nightly passes will be given. Open gym is canceled on 11/25, 12/23, 12/30, 2/17 and on days when school is not in session or dismisses early because of inclement weather.

Days: Wednesday Time: 7:30 – 9:00 p.m.

Dates: 11/4/15- 4/6/16 (19 ses) Place: WMS Gym

Fee: \$5.00/night or \$76.00/season pass

Tots Activities

Parent & Me Total Sports Squirts®

Ideal for any child age 2 – 3 just starting out in the world of sports, this program introduces children to a new sport each session. With a helping hand from Mom or Dad children have the opportunity to try T-Ball, lacrosse, soccer, basketball, floor hockey, parachute games and more in a safe and structured environment. This is an excellent opportunity for you to spend quality time together whilst easing your child into social situations with support and confidence. All sports are presented in a positive and relaxed environment with an emphasis on participation, interaction and communication. More details are available online, please visit: <http://ussportsinstitute.com/parent-a-me-home/parent-a-me-sports.html>.

Fall Session: Sunday, 10:00 - 10:50 a.m.

Dates: 9/13 – 10/25 (7 wks) Fee: \$120.00

Place: Huckleberry Hill School, front field

Total Sports Squirts®

Children age 3 to 5 will experience a new sport each week including lacrosse, soccer, basketball, t-ball, floor hockey, parachute games and more in a safe, structured environment. The Total Sports Squirts program is ideal for the child who wants to try their hand at a little of everything. The emphasis is on safety, fun and learning. All sports are presented in a positive and relaxed environment with an emphasis on participation, interaction and communication. More details are available online, please visit:

<http://www.ussportsinstitute.com/squirts-home/sports-squirts.html>.

Fall Session: Sunday, 11:00 a.m. – 12:00 p.m.

Dates: 9/13 – 10/25 (7 wks) Fee: \$120.00

Place: Huckleberry Hill School, front field

Tots Activities, continued



Singing and Signing Time with Ms. Janine at Kids Kingdom

Singer/Signer/Songwriter/Guitarist, Janine LaMendola "Ms. Janine" will be playing

children's music with sign language fun at Kids Kingdom Playground this fall. It doesn't matter if you come with your infant, toddler or preschooler, or if you're a teenager. You're guaranteed to learn several signs and have fun at the same time! In case of bad weather please join her inside the Town Hall in Room 133. All ages welcome, no pre-registration is required, and it's free!

Day: Wednesday

Time: 4:15 – 5:00 p.m.

Dates: 10/14, 10/21, 10/28, 11/4 (4 wks)

Place: Town Hall Bandstand, 100 Pocono Road

Time for 2 Gymnastics (Parent/Child)

Two year olds and their parent or caregiver will work together under the guidance of an instructor. Children will explore how to stretch, and how to coordinate their body movements. Skills introduced include rolling and handstands. Classes are limited to only 5 children. A leotard is recommended for girls; sports shorts and fitted tank or t-shirt for boys. Everyone will participate with bare feet. Please bring a water bottle.

Day: Wednesday

Time: 9:00 – 9:45 a.m.

Session 2: 10/28 – 11/18 (4 wks) Fee: \$54.00/session

Session 3: 11/25 – 12/16 (4 wks)

Place: Kratos Fitness & Acrobatics, 28 Old Grays Bridge Rd.

Pre-School Gymnastics (Age 2.5 – 3)

Children age 2.5 – 3 will work with a qualified instructor to improve coordination, strength, and motor skills through movement and play, and begin learning basic gymnastics skills including rolls, handstands, bridges, and cartwheels. Children will participate independently, without the assistance of the parent or caregiver. Classes are limited to 5 children. A leotard is recommended for girls; sports shorts and fitted tank or t-shirt for boys. Everyone will participate with bare feet. Please bring a water bottle.

Day: Wednesday

Time: 10:00 – 10:30 a.m.

Session 2: 10/28 – 11/18 (4 wks) Fee: \$40.50/session

Session 3: 11/25 – 12/16 (4 wks)

Place: Kratos Fitness & Acrobatics, 28 Old Grays Bridge Rd.

Pre-School Gymnastics Age 3 or Age 4

Children age 3 or 4 will practice following directions and taking turns as they move through independent and spotted gymnastics skill stations. Skills introduced include walking on a low balance beam, hanging on a low bar, rolls, handstands, bridges, and cartwheels. Children will participate independently, without the assistance of the parent or caregiver. Classes are limited to 5 children. A leotard is recommended for girls; sports shorts and fitted tank or t-shirt for boys. Everyone will participate with bare feet. Please bring a water bottle.

Age 3 – Fridays, 9:00 – 9:45 a.m.

Age 4 – Fridays, 10:00 – 10:45 a.m.

Session 2: 10/30 – 11/20 (4 wks)

Session 3: 11/27 – 12/18 (4 wks)

Place: Kratos Fitness & Acrobatics, 28 Old Grays Bridge Rd.

Fee: \$54.00/session

Mother's Morning Out

This pre-school readiness program is designed for children age 2 – 4 (without parent/caregiver) to experience the joy of learning, cooperative play and social interaction with other children in hopes to prepare them for their first preschool experience. A typical class includes circle time, songs and parachute play, weather, group gym games, an arts & craft project and a story. Appropriate transitions between activities allow children to recognize and become familiar with the structure of the day and to look forward to the next activity. As part of our group gym time, we are incorporating SPARK, a research-based, nationally recognized Physical Activity program for Pre-K children. Children must turn two by the start of the program and do not need to be potty trained. Please pack a snack and a drink for your child each class. Please pack a snack and a drink for your child at each class. There is a \$ 10.00 discount off the price for the second child.

Day: Wednesday Time: 9:15 – 11:15 a.m.

Session 1: 10/21, 10/28, 11/4, 11/11 (4 wks)

Session 2: 11/18, 11/25, 12/2, 12/9 (4 wks)

Place: Congregational Church Pre-School Room

Instructors: KidsFit Fee: \$87.00/session

Day: Friday Time: 9:15 – 11:15 a.m.

Session 1: 10/23, 10/30, 11/6, 11/13 (4 wks)

Session 2: 11/20, 12/4, 12/11, 12/18 (4 wks)

Place: Congregational Church Pre-School Room

Instructors: KidsFit Fee: \$87.00/session

Learn to Ice Skate for Tots



Preschoolers age 3 ½ and older will enjoy this program which incorporates creative play and interactive learning games to teach skills. This program (Tot 1) is designed for children who have never skated. They will learn the proper way to fall and get up, as well as marching in place and

across the ice. Included is a free skating pass so that participants may practice at no charge during any public skating session for the duration of the program, as well as skate rentals if needed. Helmets and gloves or mittens are also required.

Session 1: Wednesday, 11/11 – 12/23 (7 wks)

4:30- 5:00 p.m. Fee: \$126.00

Session 2: Thursday, 11/5 – 12/17 (6 wks)-no class 11/26

5:00 – 5:30 p.m. Fee: \$108.00

Session 3: Saturday, 11/7 – 12/19 (7 wks)

11:30 a.m. – 12:00 p.m. Fee: \$126.00

Place: Danbury Ice Arena, 1 Independence Way

Pre-Ballet for Tots

This class will introduce boys and girls ages 3-5 to age-appropriate beginning ballet exercises in an energetic, creative, and nurturing way. Students are introduced to the world of dance through exercises that enhance musicality, performance, coordination and begin learning the basic postures and positions of ballet. Recommended attire: Girls- any color leotard, pink tights, pink ballet shoes. Hair must be pulled back. Boys- solid color t-shirt and shorts or sweatpants and black ballet shoes.

Day: Monday Time: 10:00 – 10:45 a.m.

Dates: 10/19 – 12/7 (8 wks) Fee: \$70.00

Place: Congregational Church – Fellowship Hall (lower level)

Instructor: Dolly Pinto

Sports Celebrated!

Exercise and fun are the key elements of this class. Children in grades K and 1 will develop basic skills in several indoor games and sports.

Day: Tuesday Time: 3:30 – 4:30 p.m.

Dates: 10/13 – 12/8 (8 wks) – no class 12/1

Place: Center School Gym Fee: \$44.00

Pillow Polo

Physical fitness, agility and coordination are the benefits from this team sport for grades K and 1. Rules of floor hockey are followed and “nerf” equipment is used. Please wear sneakers and bring a snack and a drink each week.

Day: Friday Time: 3:30 - 4:30 p.m.

Dates: 10/16 – 12/18 (8 wks) – no class 11/27, 12/4

Place: Center School - Gym Fee: \$44.00

The Wizard's School of Magic



Students in grades K and 1 will learn five magic tricks from Tom O'Brien, a full-time professional magician, whose credits also include appearances on the Fox 61 Morning Show and WFSB's Better Connecticut. Tom O'Brien is a master at his craft and is a wonderful and entertaining teacher as well. All students will receive their own magic kits containing the props necessary to perform them at home, and a magic wand! Please register soon before the spaces – alakazam - disappear!

Instructor: Tom O'Brien Fee: \$15.00 each

Abracadabra - Magic Workshop 1:

Wednesday 10/14, 3:30 – 4:30 p.m. Center School Room

Hocus Pocus – Magic Workshop 2:

Tuesday 11/17, 3:30 – 4:30 p.m. Center School Room

Presto – Magic Workshop 3:

Tuesday 12/15, 3:30 – 4:30 p.m. Center School Room



Get into the Kitchen

Children in grades K and 1 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement.

Recipes are duplicated in both the Monday and Tuesday classes, but do change each session.

Both days meet in the Center School Pre-School Room, 3:30 – 4:30 p.m. Fee is \$48.00/session. Please make us aware of any food allergies or cultural restrictions when registering.

Day: Monday

Session 1: 10/19, 10/26, 11/2, 11/9 (4 wks)

Session 2: 11/23, 11/30, 12/7, 12/14 (4 wks)

Day: Tuesday

Session 1: 10/20, 10/27, 11/3, 11/10 (4 wks)

Session 2: 11/24, 12/8, 12/15, 12/22 (4 wks)

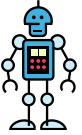
Instructor: Ann Salinger

Center After School, continued

Zumba Kids at Center School

Zumba Kids is a perfect way to give children in grades K and 1 the opportunity to be active and jam out to their favorite music. Zumba Kids classes offer kid-friendly and fun routines that are based on original Zumba choreography, but modified to fit their needs. The steps are broken down, games are added, and other physical activities are conducted. Zumba Kids helps to develop healthy lifestyles for children and incorporates fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, and coordination. Kids should wear comfortable clothes that are easy to move around in, with socks and sneakers. Having a water bottle is also suggested. Get ready to have some fun!!

Day: Wednesday Time: 3:30 - 4:30 p.m.
Session 1: 10/7, 10/14, 10/21, 10/28 (4 wks)
Session 2: 11/11, 11/18, 12/9, 12/16 (4 wks)
Place: Center School Gym
Instructor: Ariana Mesaros Fee: \$35.00/4 wk session



Lego in Motion

Calling all Lego enthusiasts and builders in grades K and 1! We put fun in motion as students learn how to use wheels and axles, motors, kinetic energy and balance to create numerous contraptions which will be powered with motors and battery packs. Class limited to 12 students.

Day: Friday Time: 3:30 – 4:45 p.m.
Dates: 11/6, 11/13, 11/20, 12/11, 12/18 (5 wks)
Place: Center School Room Fee: \$95.00
Instructor: Computer Explorers

Quick Start Tennis

Students in grades K and 1 will learn how to control a tennis ball with a racket and have fun in this beginning program taught by BHS Girls Coach Elaine Gregory. Balls are supplied, as well as racquets for anyone who does not have one. (If you have one at home, please bring it in.). Children should wear sneakers and bring a snack and drink.

Day: Wednesday Time: 3:30 – 4:30 p.m.
Dates: 10/14 – 11/18 (6 wks)
Place: Center School Gym Fee: \$66.00
Instructor: Elaine Gregory, BHS Girls Coach



Little Dragons

Students in grades K - 1 will be introduced to martial arts and character development through weekly themes including: laser beam focus, 3 rules of concentration, 20 ways to respect your teacher, coordination, self-discipline, self-control, physical fitness and more. The basic martial arts skills taught will prepare students to break a board and test for their white belt after the course ends. The purchase of a uniform or T-Shirt to wear in class is optional and must be arranged by visiting Hammerhead Martial Arts directly prior to the first class. Contact them at 775-7150.

Day: Thursday Time: 3:30 – 4:00 p.m.
Dates: 10/15, 10/22, 10/29, 11/5 (4 wks)
Place: Center School Cafeteria
Instructor: Tyler Raymond, Hammerhead Martial Arts
Fee: \$28.00

Center After School, continued



Drawing Mixed Media

Paint, Draw & More! drawing classes teach young artists in grades K - 1 to draw what they see, to enhance their drawings with their own ideas and concepts, and to use

different materials in creative ways. Students learn to draw in a non-competitive, creative and fun environment. This art program helps children build self-esteem through personal drawing success, and helps them develop an understanding of spatial and color relationships. We will use pencils, markers, watercolors, chalk and oil pastels, etc. to draw animals, still life, landscapes, and more. Drawing concepts like composition, shading and perspective will be taught. We use the highest quality materials we can to help our students obtain the best results for their efforts. For more information visit www.paintdrawmore.com

Day: Thursday Time: 3:30 – 4:30 p.m.
Session 1: 10/8, 10/15, 10/22, 10/29 (4 wks)
Session 2: 11/12, 11/19, 12/10, 12/17 (4 wks)
Place: Center School Art Room
Fee: \$72.00/session

Pre-Ballet

This class will introduce boys and girls in kindergarten and grade 1 to age-appropriate beginning ballet exercises in an energetic, creative, and nurturing way. Students are introduced to the world of dance through exercises that enhance musicality, performance, coordination and begin learning the basic postures and positions of ballet. Leotards, tights and ballet shoes suggested for girls; t-shirt, shorts and black ballet shoes for boys.

Day: Thursday Time: 3:30 – 4:30 p.m.
Dates: 10/15 – 12/17 (8 wks) – no class 11/26, 12/3
Place: Center School Gym Fee: \$70.00
Instructor: Dolly Pinto

New ~ Yoga for Young Readers

What does yoga have to do with reading? Maybe more than you think! Instructor Kaitlin Field incorporates her love of yoga with her background in education to create a class that promotes brain development and early literacy skills.

Children will love how yoga poses and reading games come together to support reading success in a safe and playful environment. This class is appropriate for pre-K to 1st grade reading levels.

Day: Tuesday Time: 4:30 – 5:15 p.m.
Dates: 9/29 – 11/3 (6 wks) Fee: \$90.00
Place: SOUND, 21 Hawleyville Road, Newtown

Huckleberry After School

LEGO® ROBOTICS

Designed by the MIT Media Lab, Lego® WeDo Robotics introduces children in grades 2 – 4 to the world of construction and computer programming. Building with colorful Lego bricks, electric motors and sensors, the robots are brought to life in a simple drop and drag computer programming environment. Class is limited to 12 students.

Day: Thursday Time: 3:30 – 4:45 p.m.
Dates: 11/5, 11/12, 11/19, 12/10, 12/17 (5 wks)
Place: HHES Library Fee: \$95.00
Instructor: Computer Explorers

New ~ Minecraft Adventure

Imagine playing the popular game Minecraft while learning! Students will access a proprietary Minecraft.edu mod created for this class to address all of the 21st century skills: critical thinking, creativity, problem solving, decision making, collaboration, communication, ICT literacy and more. Come hang with your friends as you mine, craft and build together to survive! Class is limited to 12 students.

Day: Wednesday Time: 3:30 – 4:45 p.m.

Dates: 11/4, 11/11, 11/18, 12/9, 12/16 (5 wks)

Place: HHES Library Fee: \$95.00

Instructor: Computer Explorers

New ~ Healthy Kids Club

Are you frustrated with trying to get your child to eat right? Our new health and nutrition program for kids in grades 2 – 4 is designed to make nutrition fun! Armed with over 30 years of experience motivating children to eat right, Dr. Julie will help empower them to make healthy food choices and develop healthier eating habits for life! This class is limited to 15 students.

Day: Monday Time: 4:00 – 5:00 p.m.

Dates: 10/5 – 11/2 (4 wks) – no class 10/12

Place: Healthy Weighs Wellness Center, 366 Federal Road

Instructor: Julie C. Conner, RD, CD-N, MPH, PhD,

Registered Dietitian/Certified Nutritionist

Fee: \$60.00



The Wizard's School of Magic

Students in grades 2 – 4 will learn five magic tricks from Tom O'Brien, a full-time professional magician, whose credits also include appearances on the Fox 61 Morning Show and

WFSB's Better Connecticut. Tom O'Brien is a master at his craft and is a wonderful and entertaining teacher as well. All students will receive their own magic kits containing the props necessary to perform them at home, and a magic wand! Please register soon before the spaces – alakazam - disappear!

Instructor: Tom O'Brien Fee: \$15.00 each

Abracadabra - Magic Workshop 1:

Tuesday 10/13, 3:30 – 4:30 p.m. HHES Room

Hocus Pocus – Magic Workshop 2:

Tuesday 11/10, 3:30 – 4:30 p.m. HHES Room

Presto – Magic Workshop 3:

Tuesday 12/8, 3:30 – 4:30 p.m. HHES Room



Quick Start Tennis

Students in grades 2 – 4 will learn how to control a tennis ball with a racket and have fun in this beginning program taught by BHS Girls Coach

Elaine Gregory. Balls are supplied, as well as racquets for anyone who does not have one. (If you have one at home, please bring it in.). Children should wear sneakers and bring a snack and drink.

Day: Tuesday Time: 3:30 – 4:30 p.m.

Dates: 10/13 – 11/17 (6 wks)

Place: HHES Lower Gym Fee: \$66.00

Instructor: Elaine Gregory, BHS Girls Coach

Intro to Field Hockey

Designed for students in grades K-4 with no previous experience playing. This program will provide a foundation for stick skills, ball handling, sport rules, and teamwork. Students should bring a stick and shin guards. (If you don't have a stick, we will have some you can borrow.)

Day: Thursday

Time: 5:00 – 6:00 p.m.

Dates: 10/15 – 11/19 (6 wks)

Place: HHES Gym

Fee: \$46.00

Instructor: Kate Culbreth

Zumba Kids at HHES

Zumba Kids is a perfect way to give children in grades 2 - 4 the opportunity to be active and jam out to their favorite music.

Zumba Kids classes offer kid-friendly and fun routines that are based on original Zumba choreography, but modified to fit their needs. The steps are broken down, games are added, and other physical activities are conducted. Zumba Kids helps to develop healthy lifestyles for children and incorporates fitness as a natural part of children's lives by making fitness fun.

Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, and coordination. Kids should wear comfortable clothes that are easy to move in, with socks and sneakers and bring a water bottle. Get ready to have some fun!!

Day: Friday

Time: 3:30 - 4:30 p.m.

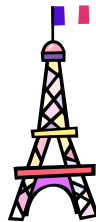
Session 1: 10/9, 10/16, 10/23, 10/30 (4 wks)

Session 2: 11/13, 11/20, 12/11, 12/18 (4 wks)

Place: Huckleberry Hill Upper Gym

Instructor: Ariana Mesaros

Fee: \$35.00/4 wk session



French Fantastique

Offered as a before school activity! Studies have shown that the earlier a child is exposed to a second language, the more quickly they excel. Learn French the fun way through music, colorful crafts and instruction. Students in grades 2-4 will learn about French foods, geography, famous buildings, as well as the basic greetings, alphabet, counting,

colors and lots of vocabulary. Each student will receive a folder full of creative activities in French. Parents, please escort your child to class each morning,

Day: Wednesday

Time: 7:50 – 8:40 a.m.

Dates: 10/7 – 11/25 (8 wks)

Place: HHES Room

Fee: \$79.00

Instructor: Margee Minier

Sign Language Club

Students in grades 2-4 will learn how to communicate using American Sign Language. Basics including the alphabet, numbers, and simple sentences will be taught in a fun and engaging way. No previous experience necessary!

Day: Wednesday

Time: 3:30 – 4:30 p.m.

Dates: 10/7 – 12/9 (8 wks) – no class 11/25, 12/2

Place: HHES Room 304

Fee: \$79.00

Instructor: Laura Cookfair, HHES Certified Teacher of the Deaf



Flag Football

Students in grades 2- 4 will be introduced to the basics in this non-contact class.

Session 1: Monday, 10/19 – 12/7 (8 wks)

Session 2: Friday, 10/9 – 12/11 (8 wks) – no class 11/27, 12/4

Place: HHES Lower Gym Time: 3:30 – 4:30 p.m.

Instructor: Matt Cudney Fee: \$44.00/session

Girls Only Flag Football

This class is by request and only for girls in grades 2 through 4. Girls will develop skills of the sport including throwing and catching, and will play games in this non-contact class instructed by Huckleberry's own Ms. Olivier.

Day: Monday Time: 3:30 – 4:30 p.m.

Dates: 11/2 – 12/21 (8 wks)

Place: HHES Upper Gym Fee: \$44.00

Instructor: Danielle Olivier

Mixing it Up with Mr. Cudney

Students in grades 2 – 4 will play a variety of indoor and outdoor sports and games.

Day: Wednesday Time: 3:30 – 4:30 p.m.

Dates: 10/14 – 12/16 (8 wks) – no class 11/25, 12/2

Place: HHES Lower Gym Instructor: Matt Cudney

Fee: \$44.00

Kids are Cooking

Students in grades 2 through 4 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement. Some of the recipes may include: waffles and pancakes, tacos with shredded chicken, turkey sloppy joes, BLT Panini with cheese, or ice cream. We'd share others with you, but are getting too hungry as it is! Please make us aware of any food allergies or cultural restrictions when registering.

Day: Wednesday Time: 3:30 – 4:30 p.m.

Session 1: 10/7, 10/14, 10/21, 10/28 (4 wks)

Session 2: 11/11, 11/18, 12/9, 12/16 (4 wks)

Day: Thursday Time: 3:30 – 4:30 p.m.

Session 1: 10/8, 10/15, 10/22, 10/29 (4 wks)

Session 2: 11/12, 11/19, 12/10, 12/17(4 wks)

Place: HHES Art Room Fee: \$48.00/session

Instructor: Ann Salinger

Junior Floor Hockey

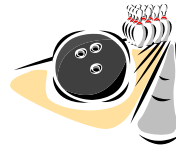
Students in grades 2 - 4 will learn the basic rules of floor hockey and participate in games. All students are asked to bring their own goggles.

Day: Tuesday Time: 3:30 – 4:30 p.m.

Dates: 10/6 – 11/24 (8 wks)

Place: HHES Upper Gym Instructor: Matt Cudney

Fee: \$44.00



Bowling

Each class features two games of bowling for students in grades 2 - 4. Bus transportation is provided from Huckleberry Hill School to Brookfield Lanes by school bus. When sending in a note each week to

the school, please include that your child is attending bowling on bus #9. Pick- up is at Brookfield Lanes.

Students may bring money with them in order to purchase a snack at the snack bar. Please note that the 3:30 p.m. start includes transportation time. Students do not arrive at Brookfield Lanes until approximately 4:15 p.m.

Day: Thursday Time: 3:30 – 5:30 p.m.

Session 1: 10/8, 10/15, 10/22, 10/29 (4 wks)

Session 2: 11/12, 11/19, 12/10, 12/17 (4 wks)

Instructor: Dave Miller

Place: Brookfield Lanes

Fee: \$52.00/session

Basic Drawing and Watercolor

Students in grades 2- 4 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be successful at his or her ability level, culminating with the completion of a painting. Please ask for a materials list when registering. (Materials cost is approximately \$40.00). Bring a snack and a drink each week.

Day: Tuesday Time: 3:30 – 5:00 p.m.

Dates: 10/6 – 11/24 (8 wks)

Place: Huckleberry Hill School

Instructor: Victoria Lange

Fee: \$85.00

Dressmaking for Dolls

Design and hand sew a dress for your favorite doll. Students will learn basic hand sewing techniques while working with design elements such as fabric combinations/shapes and measurements to create a dress for their favorite doll all by themselves! Supply list available at registration, estimate of \$20-30. Please bring supplies with you to the first class.

Day: Thursday Time: 3:30 – 4:30 p.m.

Dates: 10/8 – 10/29 (4 wks)

Fee: \$40.00

Place: HHES Room

Instructor: Karen Ryavec Lubensky

Wild Creatures!

Cut*Wrap*Stitch*Stuff*Glue, whatever it takes to make a magical creature; a soft sculpture or a puppet that comes to life. Students in grades 2-4 will approach this creative activity in their own unique way! Materials list available at registration, estimate of \$20-30. Please bring materials with you to the first class.

Day: Thursday Time: 3:30 – 4:30 p.m.

Dates: 11/12, 11/19, 12/10, 12/17(4 wks)

Place: HHES Room

Fee: \$40.00

Instructor: Karen Ryavec Lubensky



Drawing Mixed Media

Paint, Draw & More! drawing classes teach young artists in grades 2 – 4 to draw what they see, to enhance their

drawings with their own ideas and concepts, and to use different materials in creative ways. Students learn to draw in a non-competitive, creative and fun environment. This art program helps children build self-esteem through personal drawing success, and helps them develop an understanding of spatial and color relationships. We will use pencils, markers, watercolors, chalk and oil pastels, etc. to draw animals, still life, landscapes, and more. Drawing concepts like composition, shading and perspective will be taught. We use the highest quality materials we can to help our students obtain the best results for their efforts. All materials are included in the fee. For more information about Paint Draw and More programs, visit www.paintdrawmore.com

Day: Friday Time: 3:30 – 4:30 p.m.

Session 1: 10/9, 10/16, 10/23, 10/30 (4 wks)

Session 2: 11/13, 11/20, 12/11, 12/18 (4 wks)

Place: HHES

Fee: \$72.00/session

Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls in grades 3 – 4. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt. Affiliated with CT USA Wrestling. Details on our program for grades 5-8 is listed under Whisconier Activities.

Day: Monday, Wednesday, or Friday (see below)

Time: 6:30 – 7:30 p.m.

Session 1: 11/6, 11/11, 11/13, 11/18, 11/30, 12/2, 12/7, 12/9, 12/14, 12/16 (10 classes)

Session 2: 1/4, 1/6, 1/11, 1/13, 1/18, 1/20, 1/25, 2/1, 2/3, 2/8 (10 classes)

Fee: \$90.00/session

Place: C.A.C.T.U.S. Wrestling, 125 Commerce Drive #8

Instructor: Josh Levine, USA Wrestling Certified



Learn to Ice Skate Grades 1-4

This is a new skater program, for those with little or no experience on the ice. Skaters will learn the proper way to fall down and get up as well

as marching and gliding across the ice. They will also be introduced to forward swizzles, backward wiggles and stops. Included is a free skating pass so that participants may practice at no charge during any public skating session for the seven week duration of the program, as well as skate rentals if needed.

Day: Saturday Time: 12:00 – 12:30 p.m.

Dates: 11/7 – 12/19 (7 wks) Fee: \$126.00

Place: Danbury Ice Arena, 1 Independence Way



ARC Babysitter's Training

American Red Cross Babysitter's Training gives 11-15 year olds the skills and confidence they need to become great babysitters. This 6-hour class covers training in care giving,

decision making, safety and first aid skills, and preventing and responding to emergencies. Course participants receive The Babysitter's Training Handbook, which provides course review and 30 easy-to-follow first aid action plans for handling emergencies. Red Cross Babysitter Certification will be awarded upon successful completion. Please bring a lunch and drink and a pen or pencil.

Day: Saturday Time: 9:00 a.m. – 3:00 p.m.

Date: 10/17 Fee: \$65.00

Place: Town Hall Room 133 Instructor: Peggy Boyle

New ~ Common Core Study Strategies for Middle School

In the Common Core environment, it is no longer enough to know HOW to study (time management, organization, test prep) a student must know WHAT to study. This three-hour session offers a snapshot of Study Strategies for the Common Core: Finding the key ideas, thinking critically, building an academic vocabulary, and understanding sources. Instruction is designed to help middle-school students strengthen existing skills and develop strategic Common Core skills. Limited to 9 students.

Day: Saturday Time: 10:00 a.m. – 1:00 p.m.

Date: 10/24 Fee: \$35.00

Place: Brookfield Learning Center, 270 Federal Rd.

Instructor: Nancy Sutherland, MAT - Common Core Curriculum Director

Team Yoga for Teens and Tweens

This yoga class is all about teamwork! Partner poses and group poses will challenge us to work together as we build strength, balance and flexibility. We will also enjoy relaxation, breathe work and guided meditations for a class that is as restorative as it is fun. Perfect for siblings, cousins, best friends and anyone looking to make a new friend!

Day: Tuesday Time: 3:30 – 4:20 p.m.

Dates: 9/29 – 11/3 (6 wks)

Fee: \$90.00 for an individual or \$160 for a pair

Place: SOUND, 31 Hawleyville Road, Newtown

Instructor Kaitlin Dunseith-Field



Basic Drawing and Watercolor

Students in grades 5 - 8 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be successful at his or

her ability level, culminating with the completion of a painting. Please ask for a materials list when registering. Materials cost is approximately \$40.00. Bring a snack and a drink each week. Late bus transportation is available from WMS after school for this program.

Day: Monday Time: 2:40 – 4:10 p.m.

Dates: 10/19 – 12/7 (8 wks)

Instructor: Victoria Lange

Place: WMS Art Room

Fee: \$85.00

Whisconier After School, cont.



Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls in grades 5 – 8. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt. Affiliated with CT USA Wrestling.

Day: Monday, Wednesday, or Friday (see dates below)
Time: 6:30 – 8:00 p.m.

Dates: 11/6, 11/11, 11/13, 11/18, 11/30, 12/2, 12/7, 12/9, 12/14, 12/16, 1/4, 1/6, 1/11, 1/13, 1/18, 1/20, 1/25, 2/1, 2/3, 2/8 (20 classes)

Fee: \$189.00

Place: C.A.C.T.U.S. Wrestling, 125 Commerce Drive #8

Instructor: Josh Levine, USA Wrestling Certified



Golf Lessons for Juniors

Open to golfers of all skill levels, these classes are intended to provide students ages 7 – 14 with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$120.00 for any one month of four classes. All classes meet 4:30 – 5:30 p.m. at Golf Quest, 1 Sand Cut Road.

October: Thursdays – 10/8, 10/15, 10/22, 10/29

November: Mondays – 11/2, 11/9, 11/16, 11/23

December: Tuesdays – 12/1, 12/8, 12/15, 12/22



Think Snow! We are planning our 17th Annual “Learn to/ Love to ski/snowboard program” for 5 – 8th graders on Friday nights to Mohawk Mountain in Cornwall, CT. The program will provide transportation after school to and from WMS, and is scheduled to run for 5 weeks beginning in January 2016. A detailed flyer will be sent out through WMS in early November and posted on our website.

Brookfield High School



Are you Ready? Free SAT or ACT Practice Exam

The only way to find out is to take the real thing. Students start by taking an actual full-length SAT or ACT practice exam (4 hours) at the Brookfield Learning Center. Scores are calculated and an individual follow-up session is scheduled. At the follow-up, the Learning Center's College Prep Director provides detailed review and analysis of the test scores, leading to a discussion of the best route for personal success on the admission tests. Pre-registration is required by calling Parks & Rec at 775-7310.

Day: Saturday Time: 10:00 a.m. – 2:00 p.m.*

*Plus a one hour follow up scheduled separately.

Date: 10/17

Fee: Free

Place: Brookfield Learning Center, 270 Federal Road

Instructor: Bill Gross, Director

College Admissions 101:

A Roadmap to Campus

You and your family are beginning the college planning process. Where to start? PSAT first? Which test should follow--SAT now or New SAT later? Or ACT or both??? And when? What is the best way to prepare? How do you choose schools? When should you visit? How do you apply? This session gives you an overview of the entire process from start to finish based on the experiences of college admissions decision-makers. It is geared toward the families of high school juniors who are entering the process, and sophomores who want a head start. Parents should attend with their student. Limited to 10 families each session; choose one date to attend.

Session 1: Tuesday, October 6

Session 2: Thursday, November 12

Time: 7:00 – 9:00 p.m.

Fee: \$35.00/family

Place: Brookfield Learning Center, 270 Federal Road

Instructors: Bill Gross and Andrew Hill

New ~ Introducing the New 2016 SAT

Beginning March 2016 the SAT will undergo dramatic changes. Everything -- from scoring, timing, section topics, and the questions themselves -- will be new. This First-Look session will give students and their families a close-up of all 5 sections of the new 2016 SAT: Reading, Writing & Language, Math (calculator), Math (no calculator), and Essay. We will discuss the pros and cons of the new test, and compare the alternative ACT exam. Who should take which test and when? We help you clarify the decision.

Session 1: Tuesday, October 20

Session 2: Tuesday, November 17

Time: 7:00 p.m. – 9:00 p.m.

Fee: \$35.00/family

Place: Brookfield Learning Center, 270 Federal Rd.

Instructor: Bill Gross, Director

New ~ Advanced Drawing and Watercolor

Beneath every painting there should be an accurate line drawing. Students in grades 9-12 will learn how to train their eyes to see accurate shapes, values and colors. They will learn how to use color theory; primary, secondary and complementary colors, along with warm and cool colors. Classes will involve drawing and painting sharp focus realistic still life paintings. This class is for the serious student who would like to produce exhibit worthy paintings and drawings. Instructor Victoria Lange is a professional artist and graduate of Paier College of Art. She has designed and illustrated for many greeting card companies including C.R. Gibson, Dayspring, and Henson Associates. Supplies are provided by the student and are estimated at \$125 for the session. (A supply list will be emailed to you along with your receipt at registration.)

Day: Wednesday Time: 2:30 – 4:00 p.m.

Dates: 10/14 – 12/16 (9 wks) – no class 11/25

Instructor: Victoria Lange Place: BHS Art Room

Fee: \$95.00

New ~ High School Sports Performance Training

This program, for grades 9-12, is ideal for current high school athletes that are looking to gain an edge on the competition. Whether you're looking to make a varsity team or earn a college scholarship, No-Limit's Sports Performance Training Program will help you maximize your potential. We provide coaching and guidance to increase strength, stamina, coordination, speed, and power that will enhance the students ability to compete in a sporting event. Students will also learn how to use weight training equipment in a safe and supervised format with emphasis on proper form and technique. At this level the strength program will start to look very similar to what they will experience at the college level. Classes limited to no more than 10 students.

Day: Tuesday & Friday Time: 3:15 – 4:15 p.m.

Session 1: 10/2, 10/6, 10/9, 10/13, 10/20, 10/23, 10/27, 10/30 (8 classes)

Session 2: 11/3, 11/6, 11/10, 11/13, 11/17, 11/20, 11/24, 12/1 (8 classes)

Fee: \$80.00 per session

Place: No-Limit Health & Fitness, 1120 Federal Road



Think Snow! We are planning our 17th Annual "Learn to/ Love to ski/snowboard program" for BHS Students on Friday nights to Mohawk Mountain in Cornwall, CT. The program will provide transportation after

school to and from BHS, and is scheduled to run for 5 weeks beginning in January 2016. A detailed flyer will be sent out through BHS in early November and posted on our website.

From the Director:

An Update on Current Projects

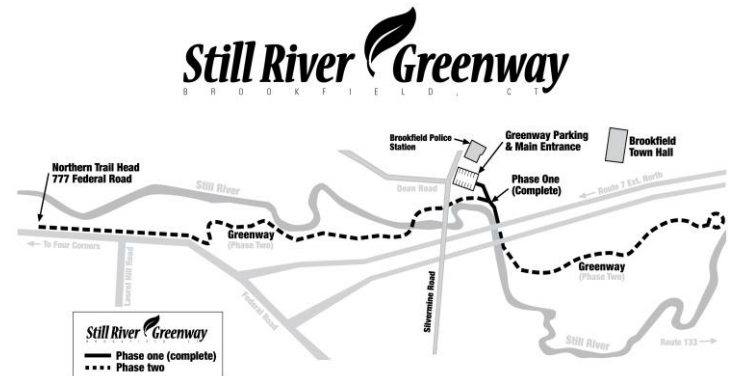
Parks Revitalization Program

Phase I (Cadigan Park)

I'm happy to report that this project has come together very nicely and within budget. Essentially complete aside from the tennis and basketball courts which will be addressed more permanently next spring. In the meantime the courts, fields, walking trail, pavilion, restrooms and concession can be used by the public. Remaining work on the courts is under warranty and should not take more than two weeks in Spring 2016 to complete.

Phase II (Town Beach)

The beach building and grounds are beautiful and very much worth the wait. Although the season started a little later than expected (*due to a difficult winter*), everything has been completed and within budget. A few punch list items remain including the replacement of beach sand (*at no cost to the Town*) as well as a few minor issues on the schedule to be addressed.



Phase II

In case you haven't passed by, we are deep into construction which began in July. This long awaited project will be completed by June 2016. It features a two mile, ten foot wide paved path complete with a 165 ft. pedestrian bridge over the Still River. While construction is underway, Arthur Harris Linear Park (which begins at Town Hall and travels south along the Still River) will remain closed to the public.

This is another facility the Town of Brookfield will be very proud of.



Iddy, Biddy Basketball – Grade 1

Children in first grade will practice the basic skills of basketball including dribbling and passing in a fun, non-competitive atmosphere. All children will receive an iddy biddy basketball T-shirt. Our referees serve as coaches, no parent coaches are needed. No program 2/20.

Day: Saturday

Dates: 1/9 – 2/27 (7 wks)

Place: Huckleberry Hill School– Upper Gym

Time: 11:00 a.m. - 12:00 p.m.

Supervisor: Fern Smenyak

Fee: \$63.00



Biddy Basketball for Boys or Girls Grades 2/3 and 4/5

This educational league is divided into divisions for boys or girls by grade level. Following an evaluation clinic the first day, participants will be placed on teams and compete against other teams in their division, followed by a week or two of playoffs. There will also be open gyms and practices scheduled on weekday evenings starting in January. Adults are needed to volunteer as coaches. If you are able to coach or assistant coach, please let us know when you register. No program 12/26, 1/2, and 2/20.

Day: Saturday

Dates: 12/5 – 2/27 (10 weeks)

Place: Huckleberry Hill School Upper Gym

Supervisor: Fern Smenyak

Fee: \$88.00

Boys Grades 2 – 3 (Biddy A)

Time: 9:30 - 11:00 a.m. on 12/5. Will play for 1½ hours between 8:00 –11:00 a.m. starting 12/12.

Boys Grades 4 – 5 (Biddy B)

Time: 3:00 – 4:30 p.m. on 12/5. Will play for 1½ hours between 3:00 – 6:00 p.m. starting 12/12.

Girls Grades 2 – 3 (Biddy G 2-3)

Time: 12:00 – 1:30 p.m.

Girls Grades 4 – 5 (Biddy G 4-5)

Time: 1:30 – 3:00 p.m.



Girls' Basketball for Grades 6 - 9

Girls who are currently playing basketball, who used to play basketball or who have never played basketball are welcome and encouraged to play! We'll have two days of evaluations and practices on January 9 and January 16 to see what skills the girls have coming into the program in order to make balanced teams. Over the next several weeks, teams will have scheduled practice time and play in game(s) each Saturday for a total of 10 games during the season. All games are played in Brookfield against other teams also in the program, no travel required. We use adult "patched" referees to help consistently reinforce the rules of the game and adults volunteer as coaches. **If a parent is able to coach or assistant coach, please let us know when registering.** Times may vary from what is advertised depending on the number of players and teams. No program on Saturday, February 20.

Day: Saturday

Dates: 1/9 – 3/12 (9 weeks) followed by weeknight and/or Saturday playoffs for teams that qualify

Time: 1:00 – 2:30 p.m.

Place: Brookfield High School

Supervisors: Steve Kolitz, Jason Maxwell, Lisa DiLullo

Fee: \$88.00



Boys' Basketball for Grades 6-7, 8-9, and 10-12

We'll have two days of evaluation clinics and practices on January 9 and January 16 to determine the skill levels of players in order to make balanced teams. Our 10 game season will begin on Saturday, January 23.

Games are played in Brookfield at Brookfield High School (unless otherwise indicated) on Saturdays against other teams also in the program, no travel required. We use adult "patched" referees to consistently reinforce the rules of the game and adult volunteer coaches. **If a parent is able to coach or assistant coach, please let us know at registration.** Times and formats of the leagues may vary depending on the number of players and teams. Generally, boys in grades 6/7 are scheduled between the hours of 8:00 – 11:00 a.m., boys in grades 8/9 between 10:30 a.m. – 1:30 p.m. and boys in grades 10-12 between 2:30 – 5:00 p.m. Detailed schedules for the season will be given to all participants (once established) before league play begins on January 23. No program on Saturday, February 20.

Boys Grades 6/7: January 9 and January 16 practice from 9:00 - 10:30 a.m. at Brookfield High School

Boys Grades 8/9: January 9 and January 16 practice from 11:00 a.m. – 12:30 p.m. at Brookfield High School

Boys Grades 10-12: January 9 and January 16 practice from 3:00 – 4:30 p.m. at Brookfield High School

Day: Saturday

Dates: 1/9 – 3/12 (9 weeks) followed by weeknight and/or Saturday playoffs for teams that qualify

Place: Brookfield High

Supervisors: Steve Kolitz, Jason Maxwell, Lisa DiLullo

Fee: \$88.00

BROOKFIELD LACROSSE FREE FALL CLINIC

Boys and girls, grades Kindergarten through 8th, come join the Brookfield Youth Lacrosse Club this fall for FREE lacrosse clinics. All new and returning players are welcome on Wednesday nights at Cadigan Park from 6:00-7:30 pm and Saturday mornings at Schmidt Field- boys from 9:00-10:30 am and girls 10:30-12:00 pm.

Sessions will begin on Wednesday, September 9th and continue every Wednesday and Saturday until November 14th. No problem to join late! Please register at the Brookfield Lacrosse website- brookfieldlax.org to receive updates about the clinic through the fall. For questions regarding the clinic, please contact Kevin Madden at Laxmadden7@yahoo.com.

If your player doesn't have lacrosse equipment, the club is renting gear for the fall season. Boys rental fee is \$50 and girls fee is \$35. For questions regarding the equipment rental, please email Diane Boodry or Gail Wallin at blcwear@gmail.com.

Brookfield Conservation Commission presents

Brookfield's Fourth Annual FARMFEST

Sunday, October 4 12:00 – 4:00 p.m.

at the Gurski Homestead

Route 133 (Obtuse Hill Road) Brookfield, CT

Antique tractors and trucks, exhibits, antique machinery, kids' games, fire trucks, blacksmithing, food, animals, hayrides and more!

The Brookfield Education Foundation's Brookfield Uncorked and Uncapped

Friday, November 13

7:00 – 11:00 p.m. at The Fox Hill Inn, Brookfield

Join friends and neighbors for an evening of reds, whites and brews. Includes wine and beer tasting featuring local wineries and breweries, sit-down dinner, cash bar, music, silent auction. Tickets \$65 per person. For more information visit: www.brookfieldeducationfoundation.org

Holiday Tree Lighting

Ring in the Holiday Season with the Brookfield Girl Scouts at their Annual Holiday Tree Lighting on Saturday, December 5 at the Brookfield Town Hall. The festivities begin at 5:00 p.m. sharp and include caroling, refreshments and Santa.

A Bock and Blu Concert

Save the Date - A Bock and Blu Concert to Benefit the Brookfield Systemwide Music Department will be held on Friday, December 18 in the BHS Auditorium beginning at 7:00 p.m. More information to follow in early December, please visit the Parks & Rec. website or Facebook page for updates.

MOMS Club of Brookfield

Join a great group of parents who chose to make the adjustment from work life to home life in order to be there to help their kids learn and grow. Our members are stay-at-home parents, but also moms and/or dads with flexible daytime work schedules. If you would like more information about joining the MOMS club of Brookfield please email us at: momsclubofbrookfield@gmail.com. Come join us for weekly play dates, monthly Moms Night Out, and other fun activities for both moms & little ones to enjoy!

Positive Discipline of Western Connecticut

Positive Discipline of Western Connecticut is a 501(c)(3) charity that promotes and encourages the development of life skills and respectful relationships in families, schools, and businesses in our local communities. We will provide classes to parents, caregivers, educators, and youth development workers, teaching how to raise a child using Positive Discipline skills. For more information and class registration, visit positivedisciplinewesternct.org.

**Frequently Requested Phone Numbers**

AARP	Shirley Gervasoni (203) 740-0067 Shirley.gervasoni@sbcglobal.net
Boy Scouts	Ray Pflomm (203) 775-8167
Brookfield Baseball & Softball Association (BBSA) http://brookfieldct.baberuthonline.com/	
Brookfield Education Foundation (BEF) www.brookfieldeducationfoundation.org Colette Sturm (203) 740-0826	
Brookfield Pop Warner Football & Cheer http://bpw.sportngin.com/ Janette Lupinacci, Secretary (203) 512-3854	
Brookfield Lacrosse Club http://www.brookfieldlax.org/ Kevin Madden (203) 775-4434	
Brookfield Soccer Club http://www.brookfieldsoccer.org/ Field Hotline (203) 775-5239	
Conservation Commission	Alice Dew (203) 775-7316
Garden Club	Diane Flood (203) 546-8142
Girl Scouts	www.brookfieldscouts.org
Lion's Club	Lyn Lyon (203) 775-6190
MOMS Club® of Brookfield	Gesette Jewett (203) 203-546-8568
Brookfield Newcomers and Neighbors www.brookfieldnewcomers.com	
Positive Discipline of Western CT, Inc.	Carol Dore (203) 794-6106 http://www.positivedisciplinect.org/
Rotary Club	Russ Cornelius (203) 775-8010
Senior Center	(203) 775-5308
Women's Club of Brookfield	Jeanine Hanewicz (203) 313-0643 Jhh322@aol.com



Brookfield Parks & Recreation presents...

The 24th Annual Brookfield Family Chiropractic 5K Halloween Run

Date: Sunday, October 25, 2015

Time: 5 K Race begins at 10:00 a.m. Race Day Registration 8:30 to 9:45 a.m.

Place: Brookfield Municipal Center, 100 Pocono Road

Pre-registration fee: \$25.00 (must be received by 4:30 p.m. on 10/23)

Register online at: <http://www.lightboxreg.com/brookfield5k2015> (closes at 4:30 p.m. on 10/23)

Race Day Registration: \$30.00

New for 2015 - Chip timing and online registration. Race features long-sleeve T's to first 350 registered, prizes to top runners in eight age groups, cash prizes to top three overall male & female, water station, splits at mile marks, prizes for best costumes, post race raffle, and excellent post race refreshments. USATF certified #CT06013JHP. Walkers welcome! For more information visit our race website: http://www.brookfieldct.gov/Pages/BrookfieldCT_Parks/halloween

Kids K Fun Run

Date: Sunday, October 25, 2015

Time: Kids K begins at 9:30 a.m. SHARP!

Place: Brookfield Municipal Center, 100 Pocono Road

Pre-registration Fee: \$12.00 (Includes medal and t-shirt) – must be received by 4:30 p.m. on 10/23

Register online at: <http://www.lightboxreg.com/brookfield5k2015> (closes at 4:30 p.m. on 10/23)

No Race Day Registrations for KIDS K! Kids K Age Groups: 5 and Under, 6 – 8, 9 - 12

Make checks payable to "Town of Brookfield" and return form to:

**Brookfield Parks & Recreation
P.O. Box 5106 Brookfield, CT 06804**

Entry Form: (Detach and Return)

EVENT: (circle one) 5K Run 5K Walk Kids K Fun Run - (Children's Shirt S M L XL)

NAME: _____ PHONE: _____

ADDRESS: _____ CITY: _____

STATE: _____ ZIP: _____ ADULT SHIRT SIZE: S M L XL (5K Run or Walk only) GENDER: M _____ F _____

EMAIL: _____ DATE OF BIRTH: ____/____/____ AGE RACE DAY: _____

Have you competed in the other 3 races as part of the Four Seasons Challenge Series*? ____ YES ____ NO
(*New Year's Day 1/1/15, Mother's Day 5/10/15, Strides to Cure Diabetes 6/7/15)

WAIVER: I hereby certify that I have sufficiently trained for this event. In signing this form I understand that I agree to absolve and hold harmless the Town of Brookfield, Parks and Recreation Department, and all sponsors, be they individuals or organizations, singly or collectively, of all blame for any injury, misadventure, harm, loss or inconvenience suffered in any of the activities associated with said event.

Signature of Participant (Parent/Guardian if under 18)

Date



PRSRT STD
ECRWSS
USPOSTAGE
PAID
EDDM RETAIL

P.O. Box 5106 Brookfield, CT 06804
(203)775-7310

RECREATION STAFF:

Dennis DiPinto, Director
Mary Knox, Recreation Supervisor
Donna Korb, Administrative Assistant

POSTAL PATRON

Brookfield, CT 06804

PARKS MAINTENANCE STAFF:

Chris Rabuse, Parks Supervisor
Chris Shaw, Crew Leader
Rob Haggerty Rick Lamparelli



The Brookfield Parks & Recreation Department does not discriminate on the basis of race, color, national origin, gender, religion, age or disability in provision of programs and services. Individuals with disabilities are encouraged to register.

COMMISSION:

Sara Kincade, Chair
Ed Butt, Co-Vice Chair
Joei Grudzinski, Co-Vice Chair
Rob Blick Bryan Chnowski
Tony Tomaino Renee Santiago
Elaine Rajcula, Commission Secretary

The Brookfield Parks & Recreation Department is complying with the Americans with Disabilities Act (ADA) Public Law 101336. The law addresses issues of accessibility of facilities and programs. Provisions of reasonable program accommodations will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

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Registration for fall programs begins Wednesday, September 23